WHY DO YOU NEED CALCIUM?

Doctors agree that an adequate calcium intake is important throughout life. In the growing years, it helps to build strong healthy bones. In adulthood, it is required to maintain a healthy skeleton. And since your body does not produce calcium naturally, it should be obtained from your diet.

COMPREHENSIVE FACTS ABOUT CALCIUM
WHAT DOES CALCIUM DO IN YOUR BODY?

- It builds and maintains strong bones and teeth
- Ensures proper functioning of muscles and nerves
- Maintains a healthy circulation
- New research shows calcium's role in helping the body to burn fat, and thus helps support weight loss in calorie-controlled diets.

WHAT HAPPENS WHEN YOU DON'T HAVE CALCIUM-RICH FOODS?

When your calcium intake is low, your body compensates by taking its calcium requirements from your bones. This depletes your body's calcium stores and puts you at risk of osteoporosis later in life. Thus an adequate calcium intake is essential to support vital bodily functions and maintain strong and healthy bones.

HOW CAN YOU ENSURE AN ADEQUATE INTAKE OF CALCIUM?

Milk and dairy products like yogurt, cheese, are the best sources of calcium. Other sources include fish like salmon and sardines and dark green leafy vegetables such as (spinach), broccoli, almonds and beans. However you need to remember that the absorption of calcium from milk and dairy products is much more than from vegetable sources. Therefore, it is vital that you include these foods in your daily diet to meet your needs of this essential mineral.